



We're delighted to welcome you to our **Open Day**.  
我們歡迎您參加我們的開放日。

We will open our doors on **Sunday 7 August 2022, from 9am to 4pm** for a day of free activities that enable visitors of all ages to explore the venue in a completely new way.

我們將於 2022 年 8 月 7 日（星期日）上午 9 點至下午 4 點開放，開展為期一天的免費活動，讓所有年齡段的遊客都能以全新的方式探索場地。

See below for the activities timetable in **Cantonese**.

粵語活動時間表見下文。

## ACTIVITIES TIMETABLE

### 活動時間表

#### KEY

(D) Drop in

(T) Ticketed – Tickets available at the box office all day

(£) Paid Ticket Event- Tickets available at the Box office all day

(0+) Age Guidance

(BSL) British Sign Language interpreter

## DROP IN ACTIVITIES

### 參加活動

**Sneak Peek Backstage 09:30-13:00 (D)**

**Lyric Theatre Entrance**

**後台之旅**

*A chance to go on stage in the Lyric Theatre and get a sneak peek behind the scenes with exclusive access to backstage for the day.*

有機會在抒情劇院上台，並在當天獨家訪問後台，窺探幕後

*Stop 1: Lyric Theatre Entrance / 入口*

*Stop 2: Off Stage / 在舞台底部*

*Stop 3: On Stage / 在舞台上*

*Stop 4: Scene Dock / 场景码头*

*Stop 5: Loading Bay / 进料台*

*Stop 6: Dressing Rooms / 换装室*

**Crafty Families 10:00-15:00 (D)**

**James Dunn Classroom**

**家庭工藝美術活動**

*Drop in to our classroom for some creative fun where you can work with a professional illustrator to make your own pop-up Gruffalo scene and add your own contribution to our giant Gruffalo collage too!*

來我們的教室享受一些創造性的樂趣，在那裡您可以與專業插畫師一起製作自己的彈出式 Gruffalo 場景，並為我們巨大的 Gruffalo 拼貼添加您自己的貢獻！

**Self-Led Colouring 10:00-15:00 (D)****Gift Shop Entrance****自我主導著色活動**

*Self-led colouring in, themed around the Picture This exhibition and The Lowry collection*

以本次展覽和洛瑞收藏為主題的自導著色

**Hula-Hoop Workshops 10:00-16:00 (D)****Waterside Terrace****呼啦圈活動**

*Get moving, grooving and hooping with our drop in Hula Hoop sessions. Learn to spin the hoop on your waist, arms, legs and even your head. A fun fitness frenzy for all the family!*

參加我們的呼啦圈課程活動您的身體!學會呼拉圈在你的腰部、手臂、腿甚至頭上旋轉圈。這是一個適合全家人的有趣健身活動!

**Outdoor Games 10:00-16:00****Outside****戶外運動**

*Plenty of outside fun to be had with games and activities.*

遊戲和活動可以帶來很多戶外樂趣。

**Access Equipment Demonstration 10:00-12:00 (D)****Lyric Theatre****接入設備演示**

*Demonstration of audio enhancement and audio description equipment in the theatres.*

在劇院演示音頻增強和音頻描述設備。

**SCRUM: VR Film 11:00- 15:30 (D)****Quays Club****SCRUM: VR 虛擬現實電影**

*Put on a VR headset and enjoy a rich, immersive film of excerpts and scenes from Scrum by Avant Garde Dance. The 10-minute short film experience is underpinned by an incredible original soundscore delivered in nearfield surround sound.*

戴上 VR 耳機，欣賞由 Avant Garde Dance 製作的 Scrum 片段和場景豐富、身臨其境的電影。以近場環繞聲提供令人難以置信的原始配樂為基礎的 10 分鐘的短片體驗。

**Self-Led Art activities 10:00-15:00 (D)****The Lookout****自導藝術活動**

*There are a selection of self-led activities in The Lookout for families to create together including creating their own origami book marks, colouring, drawing and spaces for imaginative play.*

The Lookout 有一系列自導活動供家庭共同創作，包括製作自己的摺紙書籤、著色、繪畫和發揮想像力的空間。

**Chill out Space for Quiet Time 09:00-16:00 (D)**

**North Room**

**為安靜時間放鬆的空間**

*A quiet space to relax and retreat with bean bags, colouring, books.*

一個安靜的空間，用豆袋、著色、書籍放鬆和休息。

**Singing By Domonique 11:00-15:00 (D)**

**Lounge Area**

**Domonique 唱歌**

*Domonique is a Manchester based female vocalist who specialises in lounge style. Her jazzy tone with an eclectic mix of musical genres available, Domonique will entertain you and leave you wanting more.*

Domonique 是曼徹斯特的一位女歌手，擅長休閒風格。Domonique 的爵士音色與不拘一格的音樂流派混合在一起，將為您帶來歡樂並讓您想獲得更多。

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## 9 AM

**Picture This Story Telling Relaxed Hour 09:00-10:00 (T, BSL)**

**Galleries**

**Picture This 講故事的輕鬆時光**

*Salford's very own musical story teller Sally Bradnam will be bringing to life several well-known stories. This session is designed for children and adults with additional needs in a more relaxed environment.*

索爾福德的音樂故事講述者莎莉·布拉德南 (Sally Bradnam) 將講述幾個著名的故事。本課程專為在更輕鬆的環境中有額外需求的兒童和成人而設計。

**Galleries Relaxed Hour 9:00-10:00 (T)**

**Galleries**

**畫廊輕鬆時光**

*Our relaxed hour is time to visit our exhibitions for anyone requiring a calmer more relaxed environment. Pre-book tickets online.*

任何需要平靜、放鬆的人適合在畫廊輕鬆時光參觀我們的展覽，。須網上提前訂票。

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## 10 AM

### **The World Belongs to Me - Dance Film 10:00 (D)**

**Studio 2**

#### **世界屬於我 - 舞蹈電影**

*This World Belongs to Me follows the gravity-defying adventures of a group of young friends as they dance in a galaxy of stars and swim with whales in endless oceans. Join the adventure as Orla and her friends draw themselves some fun.*

《這個世界屬於我》講述了一群年輕朋友的重力冒險，他們在星河中起舞，在無盡的海洋中與鯨魚一起游泳。加入冒險，Orla 和她的朋友們為自己找點樂子。

### **Family friendly Lowry Short Talk (15-20 mins) 10:30 (D, BSL)**

**Galleries**

#### **家庭友好的洛瑞短談**

*Local children's author Jess Taylor will be bringing to our Storytelling stage her book The Royal Bakers Fiasco. The Book series is inspired by her daughter Olivia and her role volunteering from age 5 with non-profit Birthday Stars Project- hosting free birthday parties from children and families affected by homelessness/ violence.*

當地兒童作家 Jess Taylor 把她的書 The Royal Bakers Fiasco 帶到我們的講故事舞台上。這本書系列的靈感來自她的女兒 Olivia 和她從 5 歲開始在非營利組織生日之星項目中擔任志願者的角色——為受無家可歸/暴力影響的兒童和家庭舉辦免費生日派對。

### **Bollywood Dance - family friendly (30 mins) 10:30 (T)**

**Compass Room**

#### **寶萊塢舞蹈 - 適合家庭**

*Ri Ris will be delivering a 30 minute introduction to Bollywood Dance for all the family.*

Ri Ris 將為所有家庭提供 30 分鐘的寶萊塢舞蹈介紹。

### **Cupcake Decorating 10:30 (D)**

**Pier Eight Room**

#### **蛋糕裝飾**

*Decorate and eat your own cupcake creation!*

裝飾你的紙杯蛋糕並吃掉它！

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## 11AM

**Picture This Storytelling 11:00(D, BSL)**

**Galleries**

**Picture This 講故事**

*Salford's very own musical story teller Sally Bradnam will be bringing to life several well-known stories.*

索爾福德自己的音樂故事講述者莎莉·布拉德南 (Sally Bradnam) 將講述幾個著名的故事。

**SIX Dance Class 6-12 yrs 11:00-12 (T)**

**Studio 3**

**SIX 舞蹈班 6-12 岁**

*Learn dance routines from the SIX dance Captain.*

向 SIX 舞蹈隊長學習跳舞。

**The Gruffalo 11:00 (T,£)**

**Quays Theatre**

Book online [thelowry.com/whats-on/the-gruffalo/](http://thelowry.com/whats-on/the-gruffalo/)

網上預定 [thelowry.com/whats-on/the-gruffalo/](http://thelowry.com/whats-on/the-gruffalo/)

**Family Friendly Lowry Short Talk (15-20 mins) 11:30 (D, BSL)**

**Galleries**

**家庭友好的洛瑞短談**

*Costumed Interpreter dressed as character from LS Lowry painting, delivers fun and child focused talk in gallery.*

穿著 LS Lowry 繪畫中的角色的盛裝翻譯，在画廊中提供有趣且以兒童為中心的談話。

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## 12PM

**The World Belongs to Me - Dance Film 12:00 (D)**

**Studio 2**

**世界屬於我 - 舞蹈電影**

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**SCRUM- Avant Garde Dance 12:00 (D)****Outside****SCRUM- Avant Garde 舞蹈**

*An electrifying 35-minute hip-hop dance theatre performance for all ages. Audiences are immersed in a riotous protest; as a rabble of young digital natives confront a powerful regime. Will they rebel or confirm? Live performance overlaps virtual reality! Bring a smartphone to access hidden content.*

一場激動人心的 35 分钟嘻哈舞蹈劇院表演，適合所有年齡段的人。觀眾沉浸在騷亂的抗議中；作為一群年輕的數字原住民面對一個強大的政權。他們會反抗還是確認？現場表演與虛擬現實重疊！帶上智能手機訪問隱藏的內容。

**Picture This Storytelling 12:00 (D)****Galleries****Picture This 講故事**

*Local children's book author Jess Taylor will be bringing to our Storytelling Stage her book The Royal Baker's Fiasco. The book series is inspired by her daughter Olivia and her role volunteering from age 5 with non-profit Birthday Stars Project - hosting free kids birthday parties for families affected by homelessness/ violence.*

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**Gin Masterclass 12:00 (T, 18+,£)****Lounge Area****杜松子酒大師班**

*Gin masterclass with FOUR SIS4ERS products.*

FOUR SIS4ERS 產品的杜松子酒大師班。

**Bollywood Dance Family Taster workshop 12:00 (T)****Compass Room****寶萊塢舞蹈 - 適合家庭**

*Ri Ri will be delivering a 30 minute introduction to Bollywood Dance for all the family.*

Ri Ri 將為所有家庭提供 30 分鐘的寶萊塢舞蹈介紹。

**Family Friendly Lowry Short Talk 12:30 (D, BSL)****Galleries****家庭友好的洛瑞短談**

*Costumed Interpreter dressed as character from LS Lowry painting, delivers fun and child focused talk in gallery.*

穿著 LS Lowry 繪畫中的角色的盛裝翻譯，在畫廊中提供有趣且以兒童為中心的談話。

**Anatomical Dance and Drawing workshop 12:30 (T)****Studio 1****Anatomical 舞蹈和繪畫工作坊**

*Join Anatomical and bring to life your fantastical worlds in these one-hour workshops which celebrate the rich magic of our collective imaginations through chalk drawings and dance.*

加入 Anatomical，在这些一小时的工作坊中将您的奇幻世界變為現實，通過粉筆畫和舞蹈慶祝我們集體想象力的豐富魔力。

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## 1PM

### Picture This Storytelling 1:00 (D)

Galleries

#### Picture This 講故事

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### Cupcake Decorating 1:00 (D)

Pier Eight Rooms

#### 蛋糕裝飾

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### SIX Dance Class 12+ 1:00 (T,12+)

Studio 3

#### SIX 舞蹈課 12+

*Learn dance routines from SIX from the SIX Dance Captain.*

向 SIX 舞蹈隊長學習跳舞。

### The Gruffalo 1:30 (T,£)

Quays Theatre

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Galleries

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## 2PM

### **The World Belongs to Me - Dance Film 2:00(D)**

**Studio 2**

#### **世界屬於我 - 舞蹈電影**

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### **Picture This Storytelling 2:00 (D, BSL)**

**Galleries**

#### **Picture This 講故事**

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## Cupcake Decorating 2:30 (D)

### 蛋糕裝飾

Pier Eight Rooms

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## 3PM

### The World Belongs to Me - Dance Film 3:00(D)

Studio 2

#### 世界屬於我 - 舞蹈電影

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Outside

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Galleries

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### The Gruffalo Storytelling 3:30-4:30 (T)

The Lookout

#### The Gruffalo 講故事

*The beloved tale of The Gruffalo brought to life in a storytelling session, suitable for 6-8 year olds.*

The Gruffalo 深受喜愛的故事在講故事的過程中栩栩如生，適合 6-8 歲的兒童。

### Anatomical Dance and Drawing Workshop for Families 3:30 (T)

Studio 1

#### Anatomical 舞蹈和繪畫工作坊

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